

Diced Tomatoes

1 large tomato or 2-3 roma tomatoes equal about 1 cup, diced



Ingredients

tomatoes, whole

Directions:

1. Rinse and core the tomatoes.
2. Blanch: Drop them into a pot of boiling water for 30 seconds to one minute.
3. Cool: Use a slotted spoon to transfer them to a bowl of ice water. This helps loosen the skins.
4. Peel the tomatoes— the skins should slip off easily.
5. Chop to your desired size.
6. Simmer in a pot for 10-15 minutes.
7. Prepare the freeze dryer trays: Line with parchment paper or silicone.
8. Spread the tomatoes evenly on the trays, leaving excess liquid behind.
9. Pre-freeze (optional) or place directly into the freeze dryer.
10. Freeze dry (my cycle time with other tomato products was 30.5 hours)

Rehydration:

Fresh tomatoes have a high water content. Fresh tomatoes have a high water content. When rehydrating add 1 part water to 2 parts freeze-dried tomato

Notes:

Feel free to add any seasonings to your diced tomatoes. You can add them prior to freeze drying or when you rehydrate.

Nutritional Value Per ½ cup diced tomatoes

Calories: 15 Protein: 1 g Fat: 0 g Carbohydrates: 4 g Sugar: 3 g Fiber: 1 g